

# Coach/Team Manager/Volunteer Guidelines

Covid-19 Fall 2020



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## Practices/Games Coach Responsibilities

### ***Before Practice or Game :***

- Coach should send an email to all parents and players the night before or the day of practice or game reminding them of practice time and arrival time at the field.
- Coach should send parents the “CYS COVID Check-in Document” the night before or the day of practice or game with a reminder that if any answers are “YES”, they should not send their child to practice.
- Coaches may want to remind players to bring a dark and light shirt with them because we will not be using pinneys

### ***Practice or Game Arrival:***

- Team Managers, coaches, and players should wait until the scheduled and reserved time for their practices. Please do not arrive early and do not leave late.
- Upon arrival at practice or game, the coach or team manager must check in all players and volunteers using the CYS Covid Check-In Document. Each participant must answer all questions as “NO” before taking the field. If any answer is “YES”, that player will not be allowed to play, will be sent home, and will have to be cleared to play by CYS before the next practice or game.
- Coaches will create a designated “Equipment area” next to the field where players will place their bags and equipment with approximately 6 feet of spacing between players.

*\*Spectators do not need to have their name included on the “Check-In” sheet unless they will be on the field assisting coaches/players.*

### ***During Practice or Game***

- Players will play soccer according to the modified rules of the season (see below)
- When not playing, players will wear their masks and practice social distancing
  - Coaches are encouraged to provide “spacing cones” at 6-ft spacing for players on sidelines during game
- Players will not share any equipment with one another

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- If a player touches a ball with bare hands, that ball will be taken of play for the session or be sanitized before being used again
- Goalies will be required to wear gloves
- Half-time talks should be minimized and must include proper spacing between players
  - There is no team half-time snack

### ***After practice or game:***

- After practice or game, Team Manager or the Coach will email a copy of the “Check-In” sheet to [support@cambridgeyouthsoccer.org](mailto:support@cambridgeyouthsoccer.org). It is important that the sheets accurately represent who was at practice as it could be part of contact tracing should someone become Covid-19 positive.
- After practice and games, coaches will sanitize all equipment used during practice with a spray bottle. CYS will provide spray bottle and sanitizer on 9/26 game day
- After practice or games, the coach or team manager will make sure players leave the field promptly while practicing social distancing and wearing masks
- Coaches are encouraged to skip the “post-game” talk. If necessary, a very short post-game talk must include proper spacing among players

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## **Modified Rules**

- **Intentional contact** is considered a violation of Law 12, Playing in a Dangerous Manner, and will result in an indirect free kick in a game and cannot be allowed in practice. Intentional contact consists of intentional “shoulder to shoulder” contact, backing into a player, or pulling an opponent's shirt, shorts, or mask.
- **Unintentional Contact:** A player is allowed to make intermittent and/or unintentional contact with opposing team members if the contact is the result of an attempt to possess the ball through a legal leg tackle.
- **Ground Play/Slide Tackling** have been suspended, will be considered a violation of Law 12, Playing in a Dangerous Manner, and will result in an indirect free kick. This does not include sliding to save the ball from going out of bounds or intercepting a pass if no player is within 6 feet.
- **Heading the Ball** is no longer a legal part of the game for all ages. It is now a violation of the IFAB Law 12, Playing in a Dangerous Manner and will result in an indirect free kick.
- **Out of Bounds:** If the ball goes out of bounds, no player or referee should touch the ball with their hands. The ball should be placed where it will go back into bounds, with the person's foot, not hands. If hands are used, the ball will need to be removed from play and sanitized.
  - **Throw-ins:** Throw-ins as defined by IFAB Law 15 are suspended. Instead, the ball will return to play via an indirect free kick on the touchline where it went out of bounds. Players will stand above the ball with both feet on the ground to play the ball back in (i.e. no running starts)
  - **Corner Kicks:** Corner kicks as defined by IFAB Law 17 are suspended and replaced by an indirect free kick from the corner, with the player standing above the ball with both feet on the ground before the kick.
- **Drop Kick:** Drop kicks as defined by IFAB Law 15 are suspended. An indirect free kick will replace the drop ball. The referee will give possession to the team they deem had possession prior to the stoppage.
- **Hygiene behavior:** No one is allowed to spit, clear/clean their nose, or use a glove to clear/clean their nose during practices or games. If it is necessary, they may isolate and use their own disposable tissue, and place immediately in the trash receptacle.

## **Equipment**

### ***Masks:***

All of the CYS Community is required to wear a mask at all times. This includes players, on the playing field, while playing. Players masks must include ear-loops (no bandanas or gaiters) Upon arrival, all players should be wearing a mask. They will also be reminded to bring extra masks to all practices and games.

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Only face coverings that secure with loops around a player's ears are acceptable. Face coverings must be worn at all times. "Gaiters" are not allowed to be used during games or practices. Masks must cover both the nose and mouth, and secure to the face via ear loops.

## ***Balls, Cones, etc:***

All balls will need to be sanitized after each practice and game. CYS will provide coaches with one bottle of sanitizer to be used on balls, cones, and any other equipment used during games and practices.

If, during a game or practice a ball is "handled" by anyone other than the coach, it will need to be removed from play and sanitized.

## ***Pinnies:***

Team Pinnies are not allowed during the fall 2020 season. Coordinators will provide clean pinneys on game days if team-shuffling is required.

## ***Parents/Guardians/Spectators:***

As per MYSA, each player is allowed to have 1 (one) guest to their practice and/or game. This is to limit the crowd and provide more space for proper social distancing.

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## **FAQs**

### **Who is responsible for enforcing covid guidelines?**

- We are all responsible for the success of CYS during Covid. If you see something, say something politely.
- Coaches should ask for a team manager from the parent group to assist them in making the season as safe as possible

### **At what point is the Covid Check In sheet? When are the questions asked and for what time frame?**

- The Covid Check In form should be completed prior to the start of every game/practice. As each player arrives, they should be screened by the Team Manager. Completion of the form will allow for accurate contact tracing should someone become COVID positive.
- The questions refer to the past 14 days.

### **Will parents know they must check in/answer the covid questions before practice?**

- All Parents/guardians will be informed of the Covid Guidelines and the CYS Covid check in process prior to the start of the season and reminders will be sent prior to the start of practice/game by the coaches.

### **Is CYS looking into a “health check” module for the web site/app? This also would limit the amount of people touching pens/papers**

- Yes, CYS is looking into this functionality

### **Who should enforce social distancing rules if spectators are not following them?**

- This will be a group effort for everyone. When people do not social distance at a CYS event, the risk of the program being shut down is presented.

### **Can Parents/Guardians watch practice? Games? Or only drop off?**

- Drop off is highly encouraged. Each player is allowed 1 spectator for their games

### **What happens to the Covid Check in form once it is completed?**

- Once the form is completed and the practice/game is over, the form will be emailed to [support@cambridgeyouthsoccer.org](mailto:support@cambridgeyouthsoccer.org)

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- The forms must be sent by midnight the day of that practice/game

## **If a household member/player travels outside of the state to a high risk area, returns, and provides a negative test, can they play without quarantining?**

- If a player or their household member travels to a state on the Massachusetts high risk list, that player will be required to produce a negative PCR Covid-19 test that was administered within 72 hours of arrival into Massachusetts or to quarantine for 14 days.

## **Are there any restrictions/recommendations on types of masks?**

- Masks must cover both the nose and mouth and must stay on the face via ear loops. "Gaiters" and bandanas are not allowed on the field of play.

## **Can a mask ever be taken off?**

- A mask can be removed to drink or if a medical emergency necessitates the removal. In either case, the player must be a minimum of 6' from any other player, coach, spectator

## **Can players touch each other during regular play? Can they hug/give hi-fives, etc?**

- No, players may not purposely touch - hugging, hi fives, fist bumps, etc. are not allowed.

## **When running practice, should we keep the kids distanced?**

- Soccer is a low/moderate risk sport. They may play the game of soccer with the minor exceptions to some parts of the game, and they must wear masks

## **What is the ruling on "gaiters" for practice and games?**

- Gaiters are not allowed for practice or games
- "Massachusetts Youth Soccer is requiring all players wear a face covering per the most current EEA Guidelines for Organized Youth and Adult Amateur Sports. Only face coverings that secure with loops around a player's ears are acceptable. "

## **Will CYS provide masks? Sanitizer?**

- It is up to the player, spectator, coach, volunteer to arrive at practices and games with a mask. Coaches will be provided with extras should one become lost or damaged

## **Can we have all players keep an extra mask in their soccer bag?**

- Players and their guardians will be informed that all should have a 2nd mask with them at all times

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**If a player answers “yes” to any of the questions on the Covid Check in, what should the coach do at that practice/game?**

- That player will not be allowed to play and will be sent home. The player will have to be cleared by before participation.

**Should coaches wear gloves if they are handling the equipment?**

- If players, assistant coaches, and/or volunteers have handled any of the equipment, the coach should either disinfect the equipment, wear gloves, or both

**Will the ball need to be sanitized every time a goalie touches it with their hands?**

- No, the goalie will be wearing gloves, therefore a barrier is present between the goalie and the ball
- Goalies should be reminded not to touch their face with the gloves.

**If a player/household member of a player tests positive, should coaches not share that information with the team/community?**

- The coach should not inform anyone on the team. The coach should inform Susan Ruff, who will work with the Cambridge Public Health Department to assist with contact tracing information for that player. In all likelihood, CPHD has probably already contacted CYS with the positive result.

**MYSA Reminders for Coaches:**

- Practice and encourage proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time. Use alcohol based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands). Launder clothing after training session.
- Follow all state and local health protocols.
- Coach is to be the only one to handle cones, discs, goals etc.
- Ensure all players have their individual equipment. (Mask, ball, water bottle, GK Gloves etc.)
- Ensure player's personal belongings (bags, coats, sweatshirts) remain in their personal space and are kept physically distanced from the belongings of others. Do not allow sharing of personal items.
- Ask players to bring their own personal practice vest (a.k.a. pinnie) or a dark and light shirt to eliminate the need of shared scrimmage vests.
- Do not allow shared team snacks. Participants and spectators should only drink from their own containers.

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- Wear a face covering at all times and you must maintain social distancing of 6 feet from players, coaches, spectators, and other persons at all times.
- STAY POSITIVE – Players and parents will be looking to you to remain calm and supportive during this transition time.

### Additional Resources:

- [What to do is I am notified of a Covid positive player?](#)
- [MYSA Return-To-Play Document](#)
- [MYSA CoachesTool Box](#)
- [EPA Disinfectant List](#)
- [Massachusetts Executive Office of Energy and Environment, Youth Sports Guidelines](#)
- [CDC Covid-19 Symptoms](#)